



ON-TRACK BULLETIN

So, you've decided to Climb Mt. Kilimanjaro?

Some people run marathons, others jump from planes high in the sky. You have decided to climb one of the highest mountains in Africa - 19,341 feet high to be exact. Congratulations! You're a dreamer with a dream that is about to come true!

WAIT! There's lots to be done before you go. You need to train, raise money and get yourself ready for this journey.

WE'RE HERE TO HELP! You're not alone.

1. Depend on your friends and family for emotional support. It's a huge challenge and it can be scary at times.
2. Depend on your local association for advice, tools for raising money and asking for those pledges. They can give you lots of ideas on where to go, how to ask for donations, and what to say when people ask about the Climb for Community Living.
3. Depend on your community for support. Talk about what you're doing everywhere you go and to everyone. They'll be impressed and they'll want to help.
4. Ask for help when you need it. Don't be shy. Everyone needs help.
5. Enjoy this experience. Learn to enjoy every day from now until your return from Africa - these are the best of days and you are building memories for a lifetime!



**Climb for Community Living
Mt. Kilimanjaro 2006**

Volume 1, Issue 1

July 2005



**Community Living
where everyone belongs**

Mount Kilimanjaro - Did you know?

Did you know that Mt. Kilimanjaro is the highest peak in Africa, the highest freestanding peak in the world and the highest walkable mountain in the world?

Question: How high is Mt. Kilimanjaro?

Answer: 5,895 m or 19,341 feet

Question: What is the temperature at the top?

Answer: -20C to 10C

Question: When was the first time someone climbed Mt. Kilimanjaro?

Answer: 1889 - that is 116 years ago!

Inside this issue:

Training: 2
Where do you start?

Getting those Pledges: 2
Tips and Ideas

Fundraising: 2
Attitude Helps!

Meet the Climbers 3

Brush Up on Swahili! 3

Recipes 4

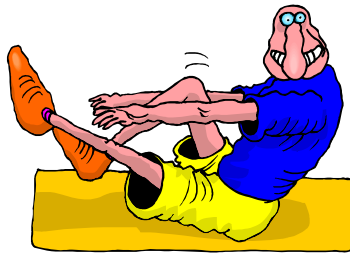
Training to climb Mount Kilimanjaro? Where do you start!

Climbing Mt. Kilimanjaro is a challenge, but the more you prepare yourself and your body, the more you will enjoy yourself! So, remember that training is a MUST!

Where do you Start?

1. If you have not walked for some time, begin by walking 2 or 3 times a week for an hour. It is better to do 4 separate 1-hour long walks than one very long walk per week.
2. Slowly increase weekend walks to 3 hours, with one or two stops in between.

3. Build up your hours so you are able to walk or hike for up to 6 or 7 hours a day.



4. Remember that you will be walking on different types of terrain when you're on Mt. Kilimanjaro, so be sure to go on many different hikes in the park,

or on hilly and mountainous trails.

Warm Up and Cool Down

1. Warm up by jogging on the spot for a minute and don't forget to exercise your arms.
2. Stretch, stretch and STRETCH! All muscles must be ready to go!
3. Cool down after exercising by slowing down. Don't stop suddenly!
4. Stretch your legs, shoulders, back and arms to prevent stiffness.

Check your August newsletter for training tips: what do you need to train outdoors?

Getting those Pledges - Here are some ideas!

PERSONAL SPONSORSHIP

- ✓ Make a list of everyone you know.
- ✓ Don't be shy! Pass your pledge form around.
- ✓ Ask your friends to tell their friends
- ✓ Remember: all donations of \$10 or more receive a tax receipt.

ORGANIZING EVENTS

- ✓ It's sunny, warm and the perfect time to roll out the BBQ!
- ✓ Dinner parties - tell your guests to forget the wine and make a donation instead.
- ✓ African night - make some yummy African treats and give your friends a taste of Mt. Kili.



Fundraising - Attitude Helps!

BE OPTIMISTIC

Having a positive attitude will help you achieve great things. Excitement is highly contagious.

ASK FOR DONATIONS ON PAYDAY

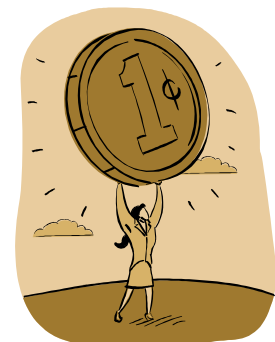
That's when they have the money! Get it while it's there!

ASK FOR A SPECIFIC AMOUNT

Tell everyone what your average pledge has been and then ask them to beat it.

NO DONATION IS TOO SMALL

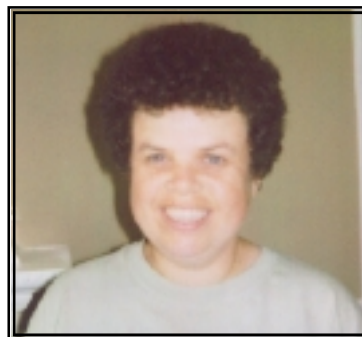
Encourage everyone to give what they can. Every penny helps and it all adds up in the end.



MEET THE CLIMBERS from Semiahmoo House Society

I want to climb Mount Kilimanjaro because I have always wanted to help poor people and my church and Susan are going to help me take money and things to the orphanage in Tanzania. Money we raise will also go to the programs that support me. My family have often talked about going to Africa on a mission trip so I was already looking forward to going. This trip means I can see different people of the world and how other people live. It will also help me build my confidence and speak louder.

Tanja Sullivan



*Tanja Sullivan
Mt. Kilimanjaro Climber
Semiahmoo House Society*



*Cherry Cabarlo
Mt. Kilimanjaro Climber
Semiahmoo House Society*

My name is Cherry Cabarlo. I am 24 years old. I work at Semiahmoo House Society in the kitchen. Some of the things that I do at work are catering for events, cooking meals and practicing kitchen skills.

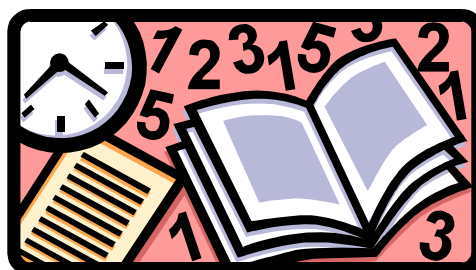
I am really excited to climb Mt. Kilimanjaro. I look forward to going to Africa to see the different atmosphere. I want to go to Africa because I want to challenge myself, that I can do it. I will push myself to make the climb and make it to the summit.

Cherry Cabarlo

Next month: Meet the climbers from Fort. St. John

Brush Up on your Swahili - Counting 1 to 10!

- zero = sifuri
- one = moja
- two = mbili
- three = tatu
- four = nne
- five = tano
- six = sita
- seven = saba
- eight = nane
- nine = tisa
- ten = kumi



Tanzanian Specialties

Creamy chicken cooked with mango and cashew nut sauce

What you'll need:

4 chicken breasts
A little cooking oil
150 ml chicken stock
240 ml whipping cream
60 ml red wine
15 ml margarine
50 gm cashew nuts
2 medium Mangoes
15 ml raw cane sugar

Preparation

1. Peel and slice the mangoes.
2. Season the chicken and then brown the fillets in a little hot oil to seal the flavours. Add the chicken stock, bring to the boil, reduce to a simmer and cook, covered, for about 20 minutes or until the chicken is tender. Remove the chicken to a hot dish and keep warm. Adjust seasoning.
3. Whip the cream and then spoon it into the pan. Stir in gently and heat slowly until the sauce thickens. Mix the red wine and the sugar and add to the pan except for 15 ml. Mix well.
4. In a side pan, melt the margarine and toast the cashews until light brown. Keep a few for garnish and add the rest to the pan. Put a few mango slices to one side for garnish, and, using the remaining wine, warm the other pieces and add to the sauce. Gently re-heat and then pour over the hot chicken.
5. Sprinkle with the remaining cashew nuts and arrange the mango garnish decoratively around the plate.



For more information or for additional copies of this newsletter, please contact us.

300 - 30 East 6th Avenue
Vancouver, BC
V5T 4P4

Phone: 604.875.1119
Fax: 604.875.6744
E-mail: info@bcacl.org

Welcome to the first edition of the ON-TRACK BULLETIN - the newsletter for climbers, friends and supporters of CLIMB FOR COMMUNITY LIVING - Mt. Kilimanjaro 2006.

This monthly newsletter will be filled with lots of great stuff. Whether you're looking for tips on how to raise more money, training ideas, or you'd just like to get to know your fellow climbers, you can now look forward to all this information and more in this fun, new newsletter.

Please call us if there is anything else you'd like to read about or if you would like to contribute an article. We would be more than happy to share your news!

Happy Reading and Good Luck training!